

FOLLOW THESE INSTRUCTIONS FOR COLONOSCOPY PREPARATION

FAILURE TO TAKE THE BOWEL PREP AS INDICATED BELOW MAY RESULT IN A POORLY CLEANSED COLON AND POSSIBLE CANCELLATION OF THE PROCEDURE.

SEVEN DAYS BEFORE EXAMINATION

Take Blood Pressure / cardiac meds as usual. Continue taking all medicines EXCEPT for the following:

- Metamucil, Hydrocil, Citrocil and other bulk preparations
- Iron Supplements
- Aspirin (baby and regular)
- Non-steroidal anti-inflammatory drugs (Ibuprofen, Advil, Motrin, Nurin, Naprosyn, Feldene, Clinoril and similar medications.
- Coumadin (please discuss this with your physician)
- Plavix (please discuss this with your physician)
- Diabetic medications (please discuss this with your physician / see note below)
- Stop any supplements / herbs one week before

Note: Tylenol (acetaminophen is safe to take prior to this examination)

If you have Diabetes, discuss the management of your diabetes with your doctor. In general, you should not take your usual dose of insulin or diabetic pills on the day of your examination.

DAY BEFORE COLONOSCOPY

NO SOLID FOOD ALL DAY! Start a clear liquid diet and continue clear liquids throughout the day. Solid foods, milk, or milk products are **NOT** allowed. Be sure to drink plenty of water even after the prep has started. **Clear Liquids Include** – Juices without pulp (apple, white grape, lemonade), Water, Tea, Jell-O (no red or purple), Soda or non-carbonated soft drinks (Clear), Clear broth or bouillon, Ice Pops (no red or purple), and Gatorade (yellow or green are ok). **Everything must be Sugar Free!**

1.THE MORNING OF PROCEDURE PREPARE THE TRILYTE SOLUTION

Follow the instructions on the bottle, then place in refrigerator. The solution tastes better cold. The solution will come with a few flavor packets you may use one of your choice. You may also use a crystal light flavor (no color).

2.STARTING AT 5PM THE EVENING BEFORE THE PROCEDURE

5pm take the Metoclopramide Tablet. (Please note that 30 min after taking this tablet you are to start drinking the solution)

3. 30 MIN AFTER TAKING THE METOCLOPRAMIDE TABLET, START DRINKING THE SOLUTION

One half hour after taking the Metoclopramide Tablet, drink TWO quarts(liter) of Trilyte solution over 3-4 hours (or one 8oz. Glass every 15min. **RECOMMENDED**) you may choose to suck on a wedge of lemon or lime between glasses to make the solution more palatable.

4.DAY OF COLONOSCOPY, FINISH THE SOLUTION

At 6 am(or 5 hours before your scheduled procedure drink the remaining two quarts(liter) of solution (one 8oz glass every 15min. **Until the remaining two quarts (liters) ARE GONE!**)

It is not unusual to experience some abdominal bloating and nausea during the preparation. It is usually mild and transient, and will be helped by drinking the liquid more slowly.

DAY OF EXAMINATION

You should take your regular morning medications EXCEPT as indicated above. You may continue drinking clear liquids until 4 hours before your procedure. **NO RIDE NO PROCEDURE**

Please contact Elsa Nino with any questions at (510) 295-4752